

## CLAIMS

### 1.

A composition for human consumption, comprising caffeine, Guaraná caffeine, Yerba

5 Maté, Eleutherococcus senticosus, Panax ginseng, ginger, Glycyrrhiza glabra, ginkgo biloba and fructose.

### 2.

The composition of claim 1 wherein an analgesic is present.

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### 3.

The composition of claims 1 and 2, wherein the composition comprises, (percentage / dry weight): Caffeine (0.001 – 0.1 %, preferably 0.01 %), Guaraná caffeine (0.001 – 0.1 %, preferably 0.01 %), Yerba Maté (0.001 – 0.1 %, preferably 0.01 %), Eleutherococcus

15 senticosus (0.05 – 2.0 %, preferably 0.2 %), Panax ginseng (0.002 – 0.2 %, preferably 0.02 %), ginger (0.3 – 30 %, preferably 3.0 %), Glycyrrhiza glabra (Liquorice Root ) (0.02 – 2.0 %, preferably 0.2 %), ginkgo biloba (0.00 – 0.2 %, preferably 0.02 %), and optionally fructose (0 – 99 %, preferably 75 %). Additional ingredients (sugars, flavourings, colourings, vitamins, stabilisers, whole fruit powder and the like) (0.1 – 89.5 %, preferably  
20 21.5 %), providing the ingredients not comprised by claims 1-2 *do not* inhibit the activity of the alcohol and/ or acetaldehyde metabolizing enzymes.

### 4.

The composition of claims 1-3 wherein green tea is present.

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5.

Use of a composition according to any one of claims 1-4 for promotion of alcohol and acetaldehyde degradation.

5 6.

The composition according to any one of claims 1-5, where the composition may be formulated as a beverage, syrup, dry powder, tablets, granules or sachets.

7.

10 An aqueous product according to any one of claims 1-6 wherein a compound is added to make the product effervescent.

8.

An aqueous product according to any one of claims 1-7 wherein the product is made  
15 effervescent by carbonation.

9.

A pharmaceutical product according to any one of claims 1-8.

20 10.

A method of producing an aqueous product according to any of claims 1-5 comprising:

- a) mixing the fructose and the dry components soluble in water (i.e. caffeine, Eleutherococcus senticosus and Glycyrrhiza glabra (Licorice root),
- 25 b) adding water to the dry mixture in a) in a ratio of 1:2 (dry mixture:water),

- c) stirring the mixture until all components are dissolved,
- c) adding the ingredients (Guaranà, Yerba Matè, ginger, Panax ginseng and optionally ginkgo biloba,
- e) stirring the mixture until a homogenous mixture is obtained,
- 5 f) adding aromatic, flavouring and/or stabilising agents,
- g) diluting the mixture with water (optional) until an optional volume is obtained and optionally,
- h) adding a colouring component to the mixture obtained in a)-e) or/and
- i) adding a gas, preferably carbon dioxide, to the mixture obtained in a)-e) in order
- 10 to give the mixture an effervescent characteristic.

## 11.

- Use of a composition according to either of claims 1-9 in the manufacture of a product for promotion of alcohol and acetaldehyde degradation in order to suppress the undesirable
- 15 effects of excessive alcohol consumption (e.g. headache, cardiovascular disorders, thirst, nausea, shaking, vertigo, fatigue and coordination difficulties) and for preventing the onset of symptoms associated with a hangover.